

What to expect during a consultation

At your request, an L&I consultant will come to your business to meet with you. L&I consultants specialize in three different areas, which you may choose based on your needs:

- Improving workplace safety and health
- Managing risk and controlling workers' compensation costs
- Preventing strains and sprains

A consultation includes:

- An initial meeting to explain your rights and obligations.
- A walk-through visit to evaluate your workplace for hazards and a review of your accident prevention program.
- A closing meeting to discuss conditions noted during the initial visit and to make recommendations.
- A written report of conditions found in your workplace and any recommendations or agreements made.
- A follow-up visit, if appropriate, to ensure that required corrections have been made.

Consultations are confidential

Your confidential report will not be shared with L&I compliance officers; however, you may offer to share the report as evidence of your good faith effort to provide a safe workplace.

There's no obligation

If you change your mind about having a consultation, you may end it at any time. However, you must correct any serious hazards that were noted up to that point.

Employer expectations

As part of your onsite consultation, you must agree to:

- Correct any serious safety and/or health hazards found during the consultation.
- In unionized work areas, provide an opportunity for an employee representative to participate in the meetings with the consultant and the walk-through visit.
- Allow the consultant to confer with individual employees so that the consultant is able to fully assess the hazards and identify solutions.

You may also wish to involve your company's safety committee and employees who work in hazardous areas in the consultation so that they are fully informed and involved in the recommendations.

Consultants do not issue penalties or fines as a result of the consultation visit. However, you must correct serious hazards within a specific time.

Schedule *your* free consultation

Business location	Call
Northwest Washington	425-290-1431
King County	206-515-2837 or 206-835-1146
Pierce County/ Olympic Peninsula	253-596-3917
Southwest Washington	360-575-6951
Central Washington	509-886-6570
Eastern Washington	509-324-2543

Don't wait!

Call now or schedule your consultation online at www.Lni.wa.gov/Safety/Consultation .

Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 360-902-5797. L&I is an equal opportunity employer.

PUBLICATION F417-209-000 [04-2016]

Consultation Services (No-fee assistance)

Helping you find and fix safety and health hazards



Overwhelmed or confused by safety and health regulations? Concerned about workers' compensation costs? Our professional consultants can help you find solutions.

About Consultation Services

L&I's Division of Occupational Safety and Health (DOSH) Consultation Program offers you no-fee professional advice and assistance in establishing or strengthening your workplace safety and health program.

You and your workers will both benefit from:

- Knowledge gained from implementing best practices and having an effective accident prevention program.
- Knowing you are in compliance with safety and health regulations.
- Controlling workers' compensation premium costs and the hidden costs associated with work-related injuries and illnesses.
- Enhanced job performance and improved productivity associated with safe workplaces.
- A safe and healthy work environment so that employees can go home to their loved ones at the end of the work day.

How to request a consultation

You may request a complete review of your company's potential hazards or contact us for information about a specific problem, or both.

A consultant will contact you, usually by telephone, to discuss your request and schedule a convenient time for an onsite visit.

Remember:

There are no fines or penalties, although you must correct serious hazards.

Safety and Health in the Workplace

A safety consultant reviews your written safety programs, identifies hazards, provides training, explains regulations, and informs you about safety rules that apply to your business.

A health consultant (industrial hygienist) reviews your written health programs; identifies chemicals, noise, and other health hazards; provides training; explains regulations; and informs you about health rules that apply to your business.

Our safety and health consultants can help you:

- Clarify safety and health requirements for your business and accident prevention program.
- Evaluate hazards and develop solutions to eliminate those hazards.
- Monitor for noise and air contaminants.
- Provide or help develop training.
- Develop written programs for specific hazards.
- Provide guidance about personal protective equipment.

Managing Risk and Controlling Workers Compensation Costs

Risk management consultants help you protect your employees and your profits.

A risk management consultant reviews your injury history and provides your business with a step-by-step plan to help manage risks and control your insurance costs. Our risk managers will explain:

- Why workplace safety and health makes good business sense and how to control your workers' compensation costs.
- How workers' compensation premiums are calculated.
- Your "claim-free discount" and steps you can take to protect it or get it back.
- The cost/benefit of claim management strategies.
- Return-to-work options and resources so your injured employee can return to productive work sooner.
- The workers' compensation process and the role of the claims manager.
- Best practices in hiring strategies and procedures.

Preventing Sprains and Strains

A specialist in ergonomics helps you spot potential causes of sprains and strains and find ways to fix them. This results in safer and more productive workplaces. Sprain and strain injuries are the most frequent causes of worker's compensation claims and the most costly to employers in Washington State.


Our strains and sprains specialists can:

- Offer a range of solutions to reduce the injury and illness risk.
- Help you develop a sprains and strains prevention program at your workplace, customized to the specific needs of your organization.
- Review an existing sprains and strains prevention program and suggest changes, when needed.

Where to get help

Visit www.Lni.wa.gov/Safety/Consultation or call your local L&I office and ask to speak to a DOSH Consultation Manager or send an email to Ergonomics@Lni.wa.gov





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www.Lni.wa.gov/Safety

Division of Occupational Safety and Health

 **1-800-423-7233**